

Helping Out at Home

Teach Your Child to Help Around the House



1. It is important that your child starts to learn independence skills so he or she can learn to do things alone
2. As your child learns new tasks think about ways that skill can be used to help out at home:
 - ⌘ Putting toys back in the toy box can be part of the fun
 - ⌘ Dirty clothes can be put in a toy wagon and pulled to the laundry room
 - ⌘ Setting the table is a good way to practice counting
 - ⌘ Washing windows will make it easier to see the pretty birds outside
 - ⌘ Sweeping the floor with a little broom will help build up muscles and hand-eye coordination
 - ⌘ Cooking is a great way to teach the importance of healthy eating
3. Be creative in the ways that you involve your child- every child and family is different
4. Teaching your child these skills at an early age will teach responsibility and will help your child to feel like he or she is helping the family



Alabama Department of Rehabilitation Services
Children's Rehabilitation Service